

- 30 minutes of physical activity 7 points
- One 8 oz. glass of water 1 point
- 1 fruit or vegetable serving 2 points
- 1 day without using tobacco 2 points
- Forward SummerFit email to a friend 2 points
- Weekly bonus 10 points

Week 3 (Jun 25-Jul 1)	M	Т	W	Т	F	S	S				
Physical Activity											
Drinking Water											
Fruit and Vegetables											
No tobacco use											
Forward to a friend											
Weekly Bonus											
Totals											
Subtotal Week 3											
Week 6 (Jul 16-22)	M	Т	W	T	F	S	S				
Week 6 (Jul 16-22) Physical Activity	M	Т	W	Т	F	S	S				
	M	Т	W	Т	F	S	S				
Physical Activity	M	T	W	T	F	S	S				
Physical Activity Drinking Water	M	Т	W	Т	F	S	S				
Physical Activity Drinking Water Fruit and Vegetables	M	T	W	Т	F	S	S				
Physical Activity Drinking Water Fruit and Vegetables No tobacco use	M	Т	W	Т	F	S	S				
Physical Activity Drinking Water Fruit and Vegetables No tobacco use Forward to a friend	M	T	W	Т	F	S	S				

Week 1 (Jun 11-17)	M	T	W	T	F	S	S	Week 2 (Jun 18-24) M	Т	w	Т	F	S	S
Physical Activity								Physical Activity	y						
Drinking Water								Drinking Water							
Fruit and Vegetables								Fruit and Vegetab	les						
No tobacco use								No tobacco use	:						
Forward to a friend								Forward to a frien	nd						
Weekly Bonus								Weekly Bonus							
Totals								Totals							
Subtotal Week 1					Subtotal Week 2										
Week 4 (Jul 2-8)	M	Т	w	Т	F	S	S	Week 5 (Jul 9-15)	M	Т	w	Т	F	S	S
Physical Activity							T	Physical Activity	у						
Drinking Water								Drinking Water	:						
Fruit and Vegetables								Fruit and Vegetab	les						
No tobacco use								No tobacco use	:						
Forward to a friend							T	Forward to a frien	nd						
Weekly Bonus								Weekly Bonus							
Totals							T	Totals							
Subtotal Week 4					Subtotal Week 5										
Week 7 (Jul 23-29)	M	Т	w	Т	F	S	S	Week 8 (Jul 30-Au	g 5) M	Т	W	Т	F	S	S
Physical Activity								Physical Activit	у						
Drinking Water								Drinking Water	•						
Fruit and Vegetables								Fruit and Vegetab	les						
No tobacco use								No tobacco use	;						
Forward to a friend								Forward to a frien	nd						
Weekly Bonus								Weekly Bonus							
Totals								Totals							
Subtota	l We	ek 7						Sub	total We	ek 8					

GRAND TOTAL _____

